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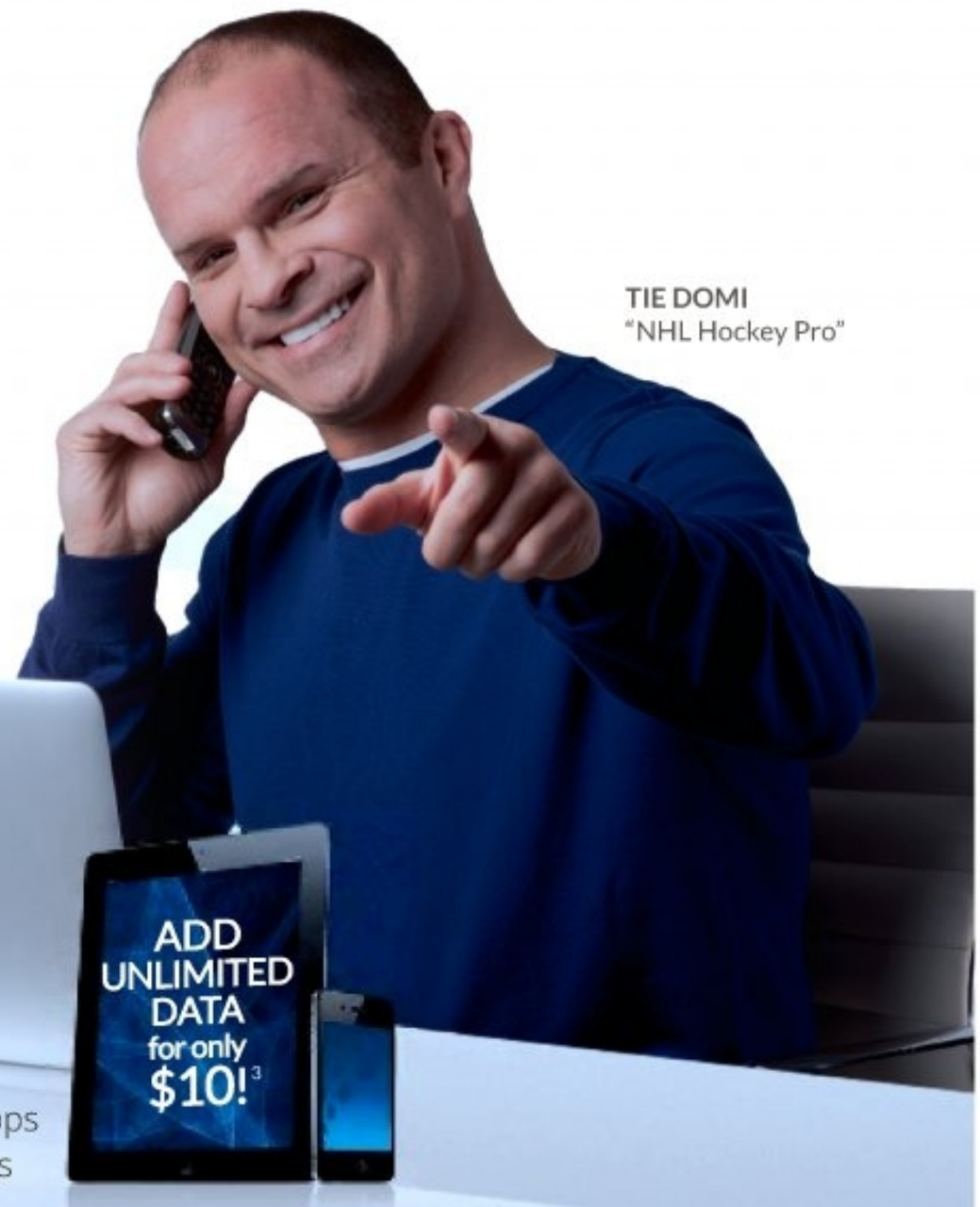


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Medical lead Dr. Mark McLean and patient Susanna Pastorcic at the Rapid Access Centre at St. Paul's Hospital on Thursday.
JENNIFER GAUTHIER/METRO

## AFTER THE OVERDOSE

**Hospital's clinic offers immediate addiction treatment to patients soon after an emergency room visit**

metroNEWS

**SUPER BOWL**

**PATRIOTS' INCREDIBLE COMEBACK**

metroSPORTS

**Vancouver startup to make protein bars, using...**

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**B.C. lawyers help those impacted by Trump's travel ban**

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# Startup boosts cricket energy

ENVIRONMENT

## Bars that taste 'slightly nutty and earthy' full of bug protein

Wanyee Li
Metro | Vancouver

Crickets are probably the superfood of the future, so you might as well get used to eating them now, says one local protein bar manufacturer.

Coast Protein is a startup from North Vancouver that sources 100 per cent of its protein from one of the most sustainable proteins in the world — crickets.

"What crickets really need is an image adjustment," said co-founder Chris Baird.

"People are okay with shrimp and lobster, which are underwater insects. People are OK eating honey, which is made by insects," he pointed out.

Baird and his fellow co-founders make all the bars by hand in a New Westminster facility with B.C. grown ingredients. The only non-local ingredients are the crickets, which come from a cricket farm in Ontario and are delivered to Coast in powder form.

What do crickets taste like? They have a "slight nutty and earthy" taste to them, according to Baird. But part of the company's success comes from hiding that flavour in the protein bars. They taste like any other bar, he said.

"In trying to introduce westerners to a new food source, we don't want anything to stand out."

The edible-insect market is projected to grow more than 40 per cent from in the next six years, according to a Global Insights Report.

Baird and the Coast Protein team, which also includes Dylan Jones, John Larigakis, and Stefanie Di Giovanni, first saw potential in sourcing food from crickets after the UN put out a 2013 report that suggested incorporating insects into more peoples' diets was the most sustainable way to feed the nine billion people that would inhabit the world by 2050.

**65%**

Crickets are 65 per cent protein by weight. They're also 12 times more efficient at producing protein than cattle and produce 100 times less methane than cows.

Crickets are 12 times more efficient at turning feed into protein than cattle, explained Baird.

"That ability to create protein from practically no input is phenomenal. It blows every other source of animal protein out of the water."

Crickets also have more calcium than milk, more iron than spinach, and a complete amino acid profile, popular with athletes, said Baird.

More than a dozen retailers are ordering the bars as fast as Baird and the team can make them. In order to scale up manufacturing and expand the company, Coast Protein is launching a Kickstarter on Feb. 27 with the goal of selling $30,000 worth of protein bars.

Vancouver startup Coast Protein uses cricket powder in its protein bars and plans to launch a Kickstarter campaign this month. COURTESY COAST PROTEIN

CHINATOWN

## Developers face growing dissent

Chinatown seniors and other residents filed into the Chinese Cultural Centre on Saturday to express fears that there will be no room for them in the city's development plan for the neighbourhood.

The updated plan, if approved, would see 15-storey condos and larger retail spaces in a neighbourhood where most long-time residents are working class or seniors.

The opposition is picking up momentum, say activists. Only 80 people combined showed up at the last two open houses hosted by the city but more than 100 came in Saturday's forum, according to Godfrey Tang, a member of the Chinatown Concern Group.

He wants to see more details on the city's plans for low-income housing in the area. Currently, developers must commit 20 per cent of units in a building to social housing.

"We noticed that social housing units are getting smaller and smaller. Down to 250 square feet— it's ridiculous," the 74-year old said. "We think it is not fair. We want city hall to make sure that one of the requirements is not by the units but by the floor space."

Residents in neighbouring Strathcona also worry that the new businesses in Chinatown, the ones who can afford rising rents, don't cater to low-income people.

"We can't afford it anymore," said Tang, who lives in a BC Housing-operated building in Strathcona.

"We live around here and there are no shops in Chinatown anymore for us to shop."

WANYEE LI/METRO

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Your essential daily news

Royal run-off: Prince Harry bests William, Kate in 50m charity sprint in London

# Pro bono lawyers hit airport

ACTIVISM

## Volunteers helping people amid Trump's travel ban

David P. Ball
Metro | Vancouver

Volunteer lawyers work to help free travelers detained at John F. Kennedy International Airport on Jan. 29. SETH WENIG/THE ASSOCIATED PRESS

Inspired by similar initiatives across the U.S., local lawyers are headed to Vancouver International Airport to help travelers caught up in President Donald Trump's widely condemned seven-country travel ban.

The executive order barred visitors from seven Muslim-majority nations, even if the visitors have visas, permanent residency or refugee status. Those included Sudan, Somalia, Syria, Iran, Iraq, Yemen and Libya.

But a Washington State judge temporarily overturned the order in response to a lawsuit, issuing a stay on Friday night.

"Because the stay could be lifted at any time," the Canadian Cross-Border Legal Coalition said in a press release, "travelers from the seven affected countries are being encouraged to rebook travel to the United States immediately, while the stay of the executive order remains in place and visas are valid."

The judge's stay has sown confusion over travelers legal rights, and despite several airlines' assurances they will respect the court order allowing travel, lawyers are volunteering to assist those affected get into the U.S. in case the ban resumes, according to a statement Saturday.

> **This travel ban has caused large-scale rights violations...and left thousands of refugees stranded in desperate circumstances.**
> Canadian Cross-Border Legal Coalition

The coalition includes the Vancouver-based B.C. Civil Liberties Association (BCCLA).

Meanwhile protests continue against the U.S. policy around the world. In B.C., a planned cross-border rally at Peace Arch Provincial Park was postponed to next Sunday 10 a.m. because of snow conditions.

According to Refugee Hub spokeswoman Jennifer Bond, dozens of Canadian lawyers are throwing their volunteer time into the effort in hopes they can "help foster a safe environment, amidst this ongoing uncertainty," she said in the statement. "Canadian lawyers are standing in solidarity with our U.S. and international colleagues to work for the protection of human rights."

The Trump administration has insisted the seven-country ban is not permanent and is based on a list of high-risk nations compiled by the previous administration of Barack Obama.

PATIENT RIGHTS

## Mental health detainees to get legal aid

Legal-aid and mental-health providers in British Columbia applauded a woman who sued the province for the right of patients detained under the Mental Health Act to access lawyers.

The 39-year-old woman, whose name can't be revealed because of a publication ban, launched a Charter challenge in the Supreme Court of B.C. on Aug. 12, while she was incarcerated under the Act for more than a month against her will.

Because funding maxed out for the Community Legal Assistance Society (CLAS) — a B.C. organization offering free legal services to those who can't afford lawyers — she couldn't be represented at review hearings deciding whether to prolong her detention.

"The B.C. government has chronically underfunded legal aid for many years," said a statement from BC Public Interest Advocacy Centre, which launched her case.

And when the province changed course and offered to fund lawyers for her particular case, she instead opted to push on.

"(She) was determined to help other involuntary patients," said her lawyer, Kate Feeney, in a statement, "who can be not only detained against their will but also forcibly medicated, and demanded a systemic response to her case."

B.C. agreed to boost its funding for CLAS representation "without delay to all involuntary patients who want legal aid."

DAVID P. BALL/METRO

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# Clinic guides patients to a life free of illicit drugs

HEALTH

## Rapid Access Clinic offers immediate treatment

Jen St. Denis
Metro | Vancouver

On Christmas Eve, Susanna Pastorcic went to the emergency room at St. Paul's Hospital in downtown Vancouver with chest pains and a nagging fear that the painkiller she'd been addicted to for over 20 years might have been tainted by fentanyl.

"The doctor downstairs saved my life; he had me registered here before he left his shift," Pastorcic said.

"I got a call saying they could see me right away and I was shocked. Because I really wanted to get in right away. I was going down at that point."

"Here" is the Rapid Access Clinic, a program that has been operating for four months out of St. Paul's in the midst of British Columbia's deadly opioid overdose epidemic. The crisis killed 914 British Columbians in 2016, with deaths spiking in November and December as drugs being sold on the street increasingly contain the powerful synthetic opioids fentanyl and carfentanil.

Pastorcic had been prescribed the painkiller Tylenol 3 (which contains codeine, an opioid) in 1991 following a bad fall that crushed her elbow, but the prescription morphed into substance abuse. When her doctor stopped prescribing the pills, she turned to the black market, and ended up living in the Downtown Eastside in order to be close to the drug dealers she depended upon. She wasn't able to work, and her children were raised by their grandmother.

Medical lead Dr. Mark McLean and patient Susanna Pastorcic at the Rapid Access Centre at St. Paul's Hospital on Thursday. JENNIFER GAUTHIER/FOR METRO

> **In a sense we are transitioning them to a safer medication that allows them to function.**
> Dr. Mark McLean

Sitting in a St. Paul's Hospital room decorated with pictures of flowers and furnished with several easy chairs, Pastorcic recalls how she spent "the worst day of my life" here, going through withdrawal a few days after Christmas (before being prescribed an opioid replacement drug such as suboxone, patients must have not taken other drugs for 12 hours).

The same room is now her sanctuary, a place that currently feels safer than home to her.

"The staff here make you feel that you're OK here," Pastorcic said. "Sometimes when I really do think about my (drugs), I forget about them when I come here."

As overdoses increased sharply throughout 2016, St. Paul's emergency room was overwhelmed with overdose patients — a situation that led to the placement of a mobile emergency room, the Mobile Medical Unit, in the Downtown Eastside.

Patients who end up in the emergency room or the MMU because of an overdose can be quickly referred to the clinic. Patients addicted to opioids such as heroin might start an opioid drug therapy such as suboxone or methadone.

"We use them as treatments for people who have addictions to substances that have a much greater chance of causing them harm," said Dr. Mark McLean, medical lead for the clinic.

"In a sense we are transitioning them to a safer medication that allows them to function and takes away their subconscious drive to continue their addiction-related behaviour."

Patients also meet with social workers and "peer navigator" counsellors, who themselves have experienced addiction. In the long run, patients may be referred to a treatment or recovery house program.

McLean acknowledged that not everyone is ready for treatment, but patients now seem to be coming forward in greater numbers. The Rapid Access Clinic still has capacity, he added, and can take more patients.

Pastorcic is continuing to take suboxone, which she says she knows is working for her because in six weeks, she has not reverted to taking Tylenol 3. She's also been referred to a residential treatment program, but admits that leaving the Rapid Access Clinic is making her nervous.

"I feel like a new person," she said, but added, "I'm stable, but not 100 per cent. But that's OK — we're working on it."

OVERDOSE CRISIS

## City looks to add initiatives

Matt Kieltyka
Metro | Vancouver

Vancouver city council may pump another $370,000 this week into its efforts to fight the ongoing overdose crisis.

Council will be briefed on two initiatives Wednesday, one providing peer-based outreach to drug users in single room occupancy hotels and shelters, and another to enhance mental health support for first responders.

According to the report to council, 89.9 per cent of the province's record 914 overdose deaths last year occurred indoors.

More than 26 per cent of all overdose deaths occurred at SRO hotels, motels, rooming houses and shelters, buildings with few staff, limited access to overdose prevention tools and where people often use drugs in isolation.

First responders are called out to SROs more than anywhere else in response to overdoses, according to the report.

Because of that, city staff recommends council partner with Vancouver Coastal Health, BC Housing and others and allocate $220,000 in grants for peer-based initiatives geared toward reaching those in SRO hotels.

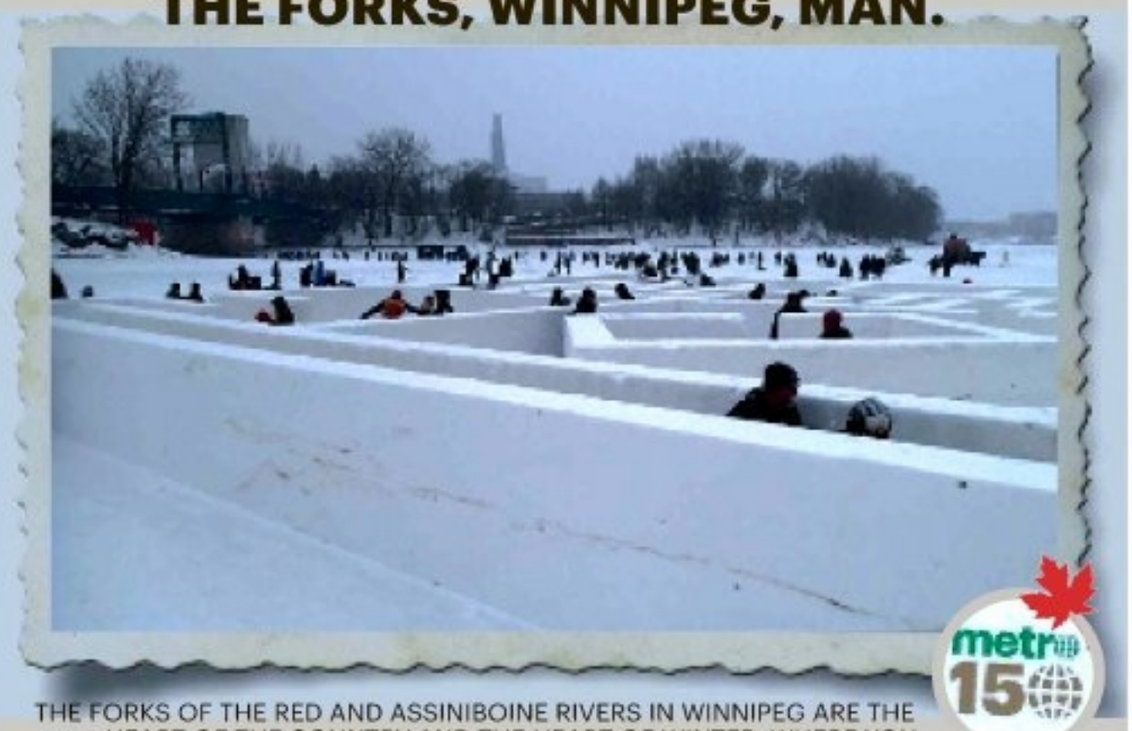
Staff also recommend $150,000 to create a full-time position in charge of overseeing mental and physical wellness programs at Vancouver Fire and Rescue Services, to help identify and treat post traumatic stress disorder and other mental health issues in firefighters who are often the first to arrive at overdose calls.

The money will come from the $1,161,000 contingency budget created by the city to deal with the opioid crisis, collected through a portion of the city's 3.9-per-cent property-tax increase this year.

## 150 WAYS of looking at Canada

POSTCARD #6

### THE FORKS, WINNIPEG, MAN.



THE FORKS OF THE RED AND ASSINIBOINE RIVERS IN WINNIPEG ARE THE HEART OF THE COUNTRY AND THE HEART OF WINTER, WHERE YOU CAN "WALK ON WATER." LAST WINTER SKATERS GLIDED THROUGH AN ON-ICE MAZE WITH THE TOWER OF THE MUSEUM OF HUMAN RIGHTS IN THE BACKGROUND. **GREG PETZOLD**

**SEND US YOUR POSTCARD** Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards.**

# 'No to violence' and 'no to hate'

MOSQUE ATTACK

## March held in Quebec City to remember the victims

Hundreds of Quebec City residents marched on Sunday, a week after the mosque shooting. JACQUES BOISSINOT/THE CANADIAN PRESS

One week after six of their own were gunned down in a deadly attack, worshippers from a Quebec City mosque led hundreds of residents on a march to promote unity and tolerance on Sunday.

After a six-kilometre walk under snowy skies, mosque president Mohamed Yangui read a message he said was written by the family of the victims.

"My brothers and sisters, you are our family," it began. "Thank you to our community who came from Montreal, from Sherbrooke, from Ottawa in Ontario and elsewhere."

The message went on to thank Quebec City officials and first responders as well as Quebecers and Canadians for their sympathy and support in the week since the massacre.

The march began at Laval University, where one of the victims taught, and made its way down one of the city's main streets to Quebec's legislature.

The crowd grew as the march progressed, as people from the sidewalks linked arms with the marchers and joined in chanting slogans such as "All Canadians! All Quebecers!" and "No to violence, no to hate."

Ali Dahan, a former diplomat, said he was marching in memory of his friend Azzedine Soufiane, who was among the six men gunned down during evening prayers the week before.

"He was so kind and he was interesting, everything that was peace and love." THE CANADIAN PRESS

# Halifax student compiles @Trump_Regrets

A Nova Scotia university student who has been collecting tweets of disillusioned Donald Trump voters has attracted quite a celebrity following, including billionaires, Hollywood personalities and sworn Trump-nemesis Rosie O'Donnell.

Reality show investors Mark Cuban and Chris Sacca, actress Olivia Wilde and Chaz Bono are also amongst 193,000 Twitter users following @Trump_Regrets.

Erica Baguma, a 23-year-old social anthropology student at University of King's College in Halifax, curates the account in between classes. The Twitter feed features posts from Americans who say they cast their ballots for Trump but now feel "ashamed," "embarrassed" and "disappointed" with the new president, some calling their vote "the biggest regret" of their life.

The idea came to Baguma while scrolling through social media to see how Trump supporters were reacting to the president-elect's reversal on his campaign promise to appoint a special prosecutor to look into Democratic rival Hillary Clinton's use of a private email server. "I was shocked to see there were so many people feeling betrayed by him," Baguma said. THE CANADIAN PRESS

**Erica Baguma** THE CANADIAN PRESS/HANDOUT

## Canada digest

**Friends remember Toronto filmmaker who died on dive**

A Toronto filmmaker who was found dead days after he went missing while diving off the coast of Florida is being remembered by his sister as a community-builder who brought about global change.

Rob Stewart's body was found in the Florida Keys Friday, 90 metres from where he disappeared during a dive on earlier in the week. His remains were found after an extensive search, for which nearly $200,000 was raised.

**Ambrose vacationed on friend's yacht during Trudeau scandal**

The Conservatives confirm their interim leader took a Caribbean vacation on a billionaire's yacht around the time members of her caucus were criticizing Prime Minister Justin Trudeau for vacationing on a private island owned by the Aga Khan. A spokesman for Rona Ambrose verified an iPolitics report she and her partner J.P. Veitch were aboard the yacht of energy mogul Murray Edwards last month. THE CANADIAN PRESS

# Travellers land as restrictions lifted

IMMIGRATION

## Visa and green card holders from affected countries arrive

Mohamed Iye holds daughter Nimo, 4, as he was reunited with wife Saido Ahmed Abdille and other daughter Nafiso, 2, at Minneapolis-Saint Paul International Airport on Sunday.
JERRY HOLT/STAR TRIBUNE/THE ASSOCIATED PRESS

Travellers from the seven predominantly Muslim countries targeted by U.S. President Donald Trump enjoyed tearful reunions with loved ones in the U.S. on Sunday after a federal judge swept the ban aside.

Airlines around the world allowed people to board flights as usual to the United States. One lawyer waiting at New York's Kennedy Airport said visa and green-card holders from Iraq and Iran were encountering no problems as they arrived.

"It's business as usual," said Camille Mackler, of the New York Immigration Coalition.

Fariba Tajrostami, a 32-year-old painter from Iran, came through the gate at Kennedy with a huge smile and tears in her eyes as her brothers greeted her.

"I'm very happy. I haven't seen my brothers for nine years," she said. Tajrostami had tried to fly to the U.S. from Turkey over a week ago but was turned away.

"I was crying and was so disappointed," she said. "Everything I had in mind, what I was going to do.... I thought it was all over."

Tajrostami said she hopes to study art in the U.S. and plans to join her husband in Dallas soon.

Similar scenes played out across the U.S. two days after a judge in Washington state suspended the president's travel ban and just hours after a federal appeals court denied the Trump administration's request to set aside the ruling.

Mahsa Azabadi, 29, an Iranian-American who lives in Denver, was forced to put her wedding plans on hold after her fiance, Sorena Behzadfar, was turned away when he tried to board a plane to travel from Iran to the U.S. on Jan. 28. Over the weekend, though, Behzadfar was cleared for travel.

"It's been a really tough week to figure out what will happen to us," said Azabadi, who has lived in the U.S. for 11 years and is now a U.S. citizen.

"Seeing the support from the lawyers and different people trying to help, it was really nice," she said. THE ASSOCIATED PRESS

**U.S. President Donald Trump** lashed out against **U.S. District Judge James Robart** on Sunday for putting the ban on hold.
THE ASSOCIATED PRESS; AFP/UNITED STATES COURTS

## White House expects courts to reinstate ban

Rebuffed in its bid for a quick reversal, the White House said Sunday it expected the courts to reaffirm U.S. President Donald Trump's executive power and reinstate a ban on refugees and travellers from seven predominantly Muslim countries from entering the United States.

The case promised to extend into Monday at least, when fresh legal filings were due, and observers had no doubt the Supreme Court ultimately will have a say.

Members of Trump's Republican Party scolded him for Twitter attacks on U.S. District Court Judge James Robart, appointed by president George W. Bush, and accused Trump of stepping over the line that separates the executive from the judiciary. To Trump, Robart is a "so-called judge" whose "ridiculous" ruling "will be overturned."

Trump renewed his Twitter attacks against Robart on Sunday. "Just cannot believe a judge would put our country in such peril. If something happens blame him and court system. People pouring in. Bad!" He followed with another tweet saying he had instructed the Homeland Security Department to check people coming into the country but that "the courts are making the job very difficult!"
THE ASSOCIATED PRESS

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A French soldier patrols the courtyard of the Louvre on Saturday. KAMIL ZIHNIOGLU/THE ASSOCIATED PRESS

# Suspect in Louvre attack stays silent

FRANCE

## Family says the accused has no 'political views'

An Egyptian man suspected of charging soldiers at Paris' Louvre museum with a machete was questioned by French investigators Sunday for the first time.

The Paris prosecutor's office said the suspect, who allegedly shouted "Allahu akbar!" while rushing toward the soldiers, remained silent during the interview and will remain in custody.

French authorities so far have not named the suspect but confirmed they thought he was Egyptian. They are being more cautious than their Egyptian counterparts, who identified the attacker as 28-year-old Abdullah Reda Refaie al-Hamahmy.

Hamahmy's father spoke out Saturday to say that his son is not a terrorist, but a family man who led a normal life with his wife and infant son. Reda Refaie al-Hamahmy said late Saturday that he trusts the French judiciary to find out the truth behind his son's alleged involvement.

"He is a very respectable man who never had a problem with anybody, he never had any sort of political views," the father said at the family home in the Nile Delta city of Mansoura.

THE ASSOCIATED PRESS

## Global digest

FRANCE

**Far-right candidate calls election 'choice of civilization'**

French far-right candidate Marine Le Pen blasted the "two totalitarianisms" of globalization and Islamic fundamentalism Sunday in a speech formally launching her presidential campaign that hit all the right chords for her National Front party followers. "We do not want to live under the rule or threat of Islamic fundamentalism. They are looking to impose on us gender discrimination in public places, full body veils or not, prayer rooms in the workplace, prayers in the streets, huge mosques ... or the submission of women," she said.

TURKEY

**Police detain over 440**

Turkey's anti-terrorism police have detained over 440 people for alleged links to Daesh, the state-run news agency reported Sunday. The Anadolu Agency said 60 suspects, the vast majority of them foreigners, were taken into custody early Sunday in Ankara.

THE ASSOCIATED PRESS


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metro VIEWS
Your essential daily news
Monday, February 6, 2017

URBAN ETIQUETTE ELLEN VANSTONE

## THE QUESTION

# At what point does the responsibility of visiting parents no longer fall solely on the child?

Dear Ellen,

After living on the East Coast for a number of years, I moved back to Toronto, a few hours from my parents' home, and have been able to visit more often on holidays and birthdays. I don't own a car, so I need to rent one and take a day off work to make the trip. For the first few years I was happy to do it, but as I've taken on more responsibility at work and gotten involved in the community, it's more difficult to find the time or energy. My parents, meanwhile, haven't visited me since I moved back, even though they're retired and have visited family near me, and know they're welcome. This past Christmas, I didn't go home, and explained why, but they're still complaining about it. Ellen, at what point does the responsibility of visiting no longer fall solely on the child? At what point does it become the responsibility of the parents and the child to both make an effort?

Calvin, Toronto

Dear Calvin,

Your logic is infallible vis-à-vis asking for a fair division of labour when it comes to reciprocal family visits.

Unfortunately, the rules of neither logic nor fairness apply to parent-child relationships. You and your folks could argue till the cows come home about whether you should come home, too. But until scientists feel it's safe to stop irrefutably proving climate change, and start working on an algorithm for "number of diapers changed back in the day" versus "filial time owing now," the people who raised you are going to have the moral high ground in this and virtually every other point of contention.

**The only relevant question is what kind of relationship you want with them going forward.**

In short, unless or until you have a family of your own to claim you on family holidays, I suspect your parents will persist in the crazy notion that, since they raised you, with all the attendant joys and sorrows that entailed, the least you can is drag your sorry, ungrateful a— home on major holidays.

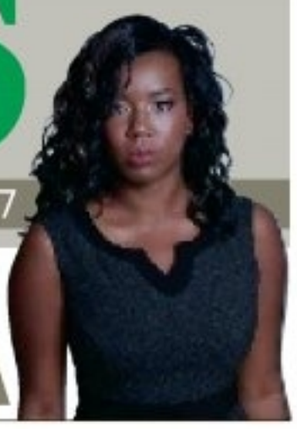
So let go of the argument. It's not a matter of who's right, or whose responsibility it is to make the trip. The only relevant question is what kind of relationship you want with them going forward.

If you feel OK about your decision to skip holidays at their home, relax and let them gripe. You've explained your position and whether they accept or understand it or not, at least you have respectfully made the terms clear.

And if you feel guilty or angry to a degree that is interfering with your own enjoyment of staying put, because you know they are terribly hurt or upset by your absence, then you might want to go home for your own sake, and sanity.

What you must not do, under any circumstances, is drag your sorry a— home in a welter of grudging resentment. Poisoning the atmosphere with passive-aggressive misery will ruin it for everyone, which is very bad manners indeed.

**Need advice?**
**Email Ellen:**
scene@metronews.ca



# VICKY MOCHAMA

## We need to deepen our understanding of the lives of black Muslims

In the aftermath of the attack on the Centre Culturel Islamique Québec, we must understand how racism overlaps with religious intolerance. All six of the murdered men in Quebec came from North Africa, yet the popular imagining of Muslims doesn't often include African and black Muslims. It also often doesn't include Asian and white Muslims. (In the last decade and a half especially, this exclusion of other races within Islam has created a dangerous stereotype.)

While I believe the national commitment to assisting refugees is entirely worthy, I can't help but notice that the images and stories we often see of the global refugee crisis is of Syrian refugees being assisted by Canadians. Meanwhile, the images of refugees in camps and on boats include a vast number of black refugees.

In fact, according to the Canadian Border Services agency, the number of overland border crossings made by asylum seekers has gone up from 4,407 in 2015 to 7,022 in 2016. At the Emerson crossing in Manitoba, a majority are originally from Somalia — one of the seven countries on President Donald Trump's executive order. The order only further puts Somali and black Muslims in danger.

The outpouring of affection and attention towards the nation's Muslims will be matched by Islamophobic attacks. It's an incredibly unfair burden — to be grieving, yet on the defence. For black Muslims, this burden has been borne for a long time.

Alleviating the burden is what inspired Lali Mohamed, a non-profit professional, to set up an evening for black Muslims to gather this past Saturday in Toronto. "Muslims don't ever get a space to just grieve," he says, "Whenever our lives are taken, we have to prepare for Islamophobia."

For black Muslims, especially, he says it's an ongoing condition. The first time he set up a similar event was in response to the death of Abdirahman Abdi, a Somali man, after a confrontation with Ottawa police.

For Mohamed and many others in Canada, Islamophobia often intersects with anti-black racism. Says Mohamed, "Black Muslims are constantly in mourning — grieving for the loss of life for our community members or we are mourning and grieving the way this country has relegated us to the margins."

Flattening complex groups with their own histories into a singular image is one of the ways that race is constructed. To be black and Muslim then is to be a member of two groups at the margins. It is also to find your community rendered invisible when it most needs to be seen.

While community advocates like Mohamed create safe spaces for their own to mourn and commune, it is essential that we deepen our understanding of the lives of black Muslims.

Refugees Welcome must not end up meaning: Well, Not Those Refugees.

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"No one was sad!" Melissa McCarthy's Sean Spicer impression steals the show on SNL

# No strings attached.

## Lady Gaga carries Super Bowl halftime on her own but avoids political statement

KEVIN C. COX/GETTY IMAGES

Lady Gaga dropped from the top of Houston's NRG Stadium to open her halftime show and dropped the mic at the end, offering a program that delivered high-energy hits and an inclusive theme.

With the nation on edge politically, the NFL had little taste for a show that would ruffle feathers, as Beyonce did in some circles last year with the Black Power messaging of "Formation." Gaga was patriotic from the start, opening with snippets of "God Bless America" and "This Land is Your Land" with red and blue lights twinkling above her, before guide wires delivered her to the stage below.

Gaga included her hit "Born This Way," which became a gay rights anthem, but that fit into a theme of accepting differences that was a thread through much of the game's commercial messaging. Unlike some predecessors, who often brought in several guest stars to bolster their acts, Gaga handled it herself and was praised for it on social media.

Meanwhile, one Super Bowl commercial did generate controversy online: Budweiser's ad featuring the story of its immigrant co-founder grabbed attention Sunday, with some calling for a boycott on the beer brand for being "political."

Many others were quick to defend the ad and poke fun at the absurdity of the #boycottbudweiser attempt.

The ad chronicles the story of Adolphus Busch's journey in the 1850s from Germany to the U.S., where locals tell him he should "go back home" and that he doesn't "look like you're from around here." The 60-second spot was pre-released last week, just days after President Trump's order temporarily banning refugees and nearly all citizens from seven Muslim-majority countries.

Still, Budweiser vice-president Richard Marques acknowledged it would be "foolish" to think the current political environment isn't fuelling attention for the ad. Marques added that Budweiser as a beer brand is inherently bipartisan.

THE ASSOCIATED PRESS

**JOHANNA SCHNELLER WHAT I'M WATCHING**

# Some are better off un-dead

**THE SHOW: The Santa Clarita Diet, Season 1, Episode 5 (Netflix)**

**THE MOMENT: The selfishness question**

"You seem a little manic, honey," Sheila (Drew Barrymore) says to her husband Joel (Timothy Olyphant), who's typing away on a laptop.

They're sprightly real estate agents in the bedroom community of Santa Clarita, CA. Sheila is especially sprightly because a recent virus turned her into a powerful zombie.

"Well, I feel really manic," Joel replies. "There could be a cure. Don't you want to be cured?"

"Of course," Sheila says. "Although I do like the way I feel. I have endless energy, I get so much done."

"You eat people," he says.

"I know," she says. "But I'm so much more confident now. Our sex is incredible, and I can parallel park in one move."

"But you do want to be cured, right?" he repeats.

"Totally," she says. "Mostly."

All zombie stories are parables about consumption. The metaphor in this one is pretty good: People who are consumed with themselves can excuse all manner of selfishness as long as it makes them "better."

The seesaw bounce here from cutesy to gross-out is a bit obvious for me, but Barrymore and Olyphant are a charming comic team. I'll stick around for the next five half-hours to see where we land.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

**Drew Barrymore and Tim Olyphant are a charming comic team in Santa Clarita Diet.** CONTRIBUTED

# Beware of those RRSP season myths

RETIREMENT

## First thing to remember? An RRSP is not an investment

Gail Vaz-Oxlade
For Metro Canada

Each year when RRSP season rolls around we are inundated with articles and advertising: why you should have one and how best to use them to save for the future.

And yet there are some myths that still manage to hold ground.

Perhaps the biggest myth of all is that an RRSP is an investment.

I ask, "So what did you invest in this year?"

They say, "An RRSP."

I smile, "It's great that you put your money into an RRSP, but what investment did you choose?"

They, with quizzical looks on their faces, "What do you mean, I bought an RRSP. That's what I invested in."

Okay, here we go again: An RRSP is NOT an investment. It's a plan registration. Putting the RRSP plan number on the paperwork signals the Tax Man to keep his sticky paws off your money, at least until you decide to pull it out again.

Imagine that you have a ball, a box and an umbrella. The ball is your money. The box is the investment you're putting your money in. It could be a savings account. It could be a GIC. It could be a mutual fund, or individual stock or bond.

Gail Vaz-Oxlade describes an RRSP as placing a ball (your money) into a box (the type of investment you select) and sliding it under an umbrella to protect it . ISTOCK

> **Putting the RRSP plan number on the paperwork signals the Tax Man to keep his sticky paws off your money, at least until you decide to pull it out again.**

Okay, you've put the ball in the box. Now slide the box under the umbrella. There ya go — you've just put the money into an RRSP.

The problem for most people is that they rush to contribute to an RRSP before they've decided how they'll invest their money. So they put the ball under the umbrella first. Then later, they choose the box that best fits their ball.

What's important to remember is that until you choose a box, no money has been invested. While the money is under the umbrella, it's registered, but until you put that ball in a box, it's just sitting there earning not a red cent in return. You've saved it. But now you have to put those savings to work.

If you think that you have to be over the age of 18 to contribute to an RRSP, you've fallen prey to the second very popular myth. This misunderstanding comes about because TFSAs have an age restriction: You have to be 18 to put money in a TFSA.

But RRSPs do not have the same age restriction. Anyone in Canada who has earned income and has filed a tax return, regardless of age, has RRSP contribution room. That includes kids with a paper-route, those that baby-sit, and children who have promising modelling or television careers.

Even if there's little point in a kid claiming the RRSP deduction because the child owes little or no tax, the benefits of contributing to an RRSP makes the exercise worthwhile.

First there's the magic of compounding return. Second, since their RRSP tax deduction can be carried forward indefinitely, when she does start working full time, she'll have deductions she can use to offset the tax on her income.

That's a win/win.

For more money advice, visit Gail's website at gailvazoxlade.com

FRAUD

# How to help your parents protect their money from scams

Our financial decision-making abilities peak in our 50s and can decline pretty rapidly after age 70, researchers tell us. That's how otherwise smart older people fall for sweepstakes frauds, Nigerian investment schemes and the grandparent scam, where con artists pretend to be grandchildren in a financial jam.

But few people want to hear that they're not as sharp as they used to be. Many won't recognize the rising risk of losing hard-earned life savings as they age, says financial literacy expert Lewis Mandell, author of What to Do When I Get Stupid: A Radically Safe Approach to a Difficult Financial Era.

"As our ability to make sound financial decisions decreases with age, our self-confidence in this area actually increases," Mandell says.

Adult children who want to protect their parents from fraud and bad financial decisions have to tread carefully, says Jessie Doll, wealth management adviser with TIAA in Fairfax, Virginia. Money may be a difficult subject, and parents may resent the interference or fear losing their independence.

It may help to frame the issue as one all of us will face if we live long enough. Talking about your own efforts to "future-proof" your finances can start the discussion of how they can defend their money against bad decisions and bad guys.

Together, parents and children can:

**• Draft powers of attorney.** Two documents everyone needs, regardless of age: a power of attorney for health care decisions and a power of attorney for financial decisions. This paperwork names the people we want to speak for us in case we become incapacitated.

We should be having discussions with whoever we name about our wishes and our financial situation, Doll says."Talking about it is opening the door to making this less of a taboo discussion," Doll says.

**• Consolidate and simplify.** One bank. One brokerage firm. Two credit cards, one for daily purchases and one for automatic bill payment. That's the prescription for simplified, consolidated finances that will be easier to track as we age, says financial planner Carolyn McClanahan, a physician and director of financial planning at Life Planning Partners in Jacksonville, Florida.

Having fewer accounts helps the fraud-sniffing software that banks and brokerages use to detect suspicious transactions, Doll says. "If the assets are all over the place, it's hard to establish a baseline so they can notice if something's amiss," she says.

**• Stay in touch.** Isolation is the fraudster's best friend. Scam artists don't want their victims to have a close circle of family and friends looking for signs of exploitation, says Sally Hurme, an elder-law attorney with AARP in Washington, D.C. Weekly calls to catch up and regular visits can help loved ones spot red flags, like a pile of sweepstakes offers or the investment salesman who's getting too friendly.

**• Keep up to date on the latest scams.** Criminals are endlessly creative. Some places to learn about their ever-evolving schemes include StopFraud.gov, AARP's Fraud Watch Network and the IRS, which offers consumers alerts and an annual list of the "Dirty Dozen" top tax-related scams. Discussing news reports about frauds, such as telephone imposters pretending to be IRS agents or Microsoft tech support, can help you keep relatives informed.

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### $ MONEY

**What parents can do:**

- **Get more eyes on your money.** Financial institutions likely offer text or email alerts to notify you of unusual activity, and so do sites that provide regular looks at free credit reports.
- **Plan ahead.** Talk with your family about what to do if you show signs of diminished capacity but you don't know you are impaired.

THE ASSOCIATED PRESS

There are ways adult children can talk to their parents about the dangers of fraud and fishing schemes. THE CANADIAN PRESS

YOU CAN DO THIS CARTOGRAPHY

# The importance of a really good map

## WHY I LIKE MY JOB

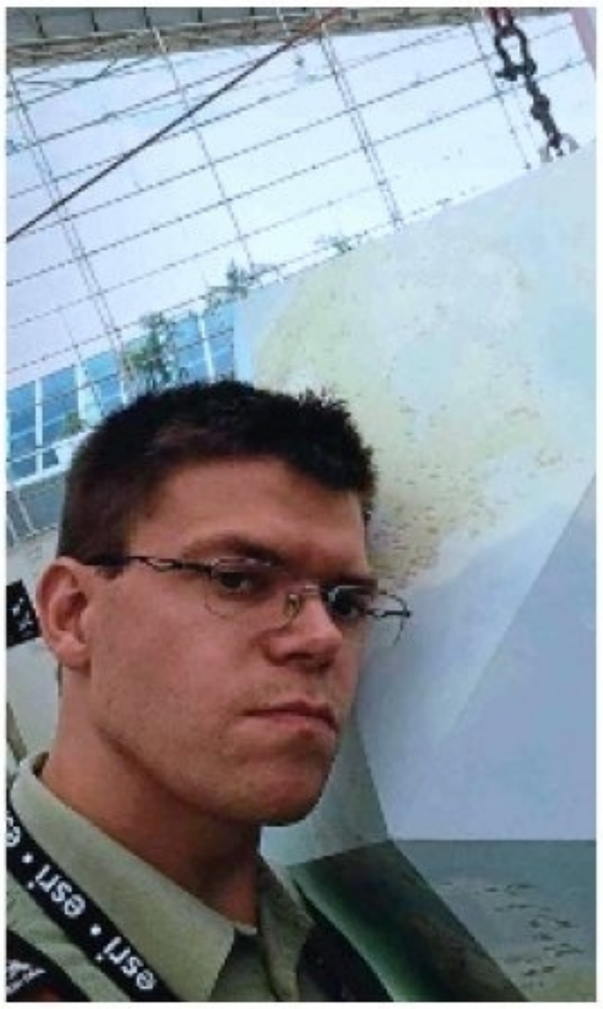
**Mark Richardson, geomatics analyst specializing in cartography, Environment Canada, Ottawa.**

When I was in high school, through a co-op program, I worked with some geologist who were studying meteorite impacts. I got early taste for using survey tools and seeing technology used to create 3D maps. It sparked an interest in me.

I went to Carleton University and specialized in geographic information services. I learned how to use the tools like GPS, understanding geographic concept — everything you'd learn in a geography degree. I also learned topographic principles and principles of displaying spatial information in meaningful ways — everything you need to know to know how to make a map.

I currently work with the wildlife service of Environment and Climate Change Canada. My job is to make it easy for policy makers to understand how what they're doing might affect the geography and local wildlife. For example, I might map where caribou migration intersects with proposed pipelines or prepare information for documents, such as mapping out protected areas or species that are in recovery zones.

I also have a night job where I create maps for board and role-playing games, and maps that would appear in novels and books. I really do love the challenge of trying to explain something complicated in a way that's visual and cohesive, which people may otherwise not understand. The best part of my jobs is getting exposed to interesting information and, of course, making maps.



**THE BASICS: Geographic Information Systems Analysts**

**$57,807**

Median annual salary for an intermediate-level cartographer. Those with advanced training and experience can expect to earn upwards of **$83,153.**

**+14%**

The average growth over the next **eight years.**

Data for this feature was provided by payscale.com, onetonline.org and ccaa-acc.org.

## HOW TO START

At one time you could learn cartography through associations and on-the-job training, but most positions today require some form of post-secondary education. There are two streams people could pursue: Universities don't often have specific cartography and mapping training, but offer broader degrees in geography, geology and engineering. Students can then choose to focus in cartography. Colleges also offer specialized programs, typically with more hands-on training. Both streams explore photography, basic concepts of map-making, image rendering, and surveying, as well as mathematics and computer sciences (there's a fair bit of programming involved in some cartography jobs).

## WHERE YOU CAN GO

Cartography jobs are common in big cities, but since all levels of government use mappers, there are jobs across the country. There are also plenty of opportunities in the private sector: With such a high premium on geo-tracking (mapping how things move about) right now, it's not uncommon to see positions with research marketing firms and tech companies. Resource-based companies, like mining or oil manufacturers, also regularly hire cartographers to help plan their operations. Finally research often makes use of mapping, so universities will often employ map-makers.

GIFTS

# Tips and some tricks for buying jewelry for Valentine's Day

Shopping for jewelry for a loved one ahead of Valentine's Day can be stressful. But learning some tricks should help anyone have an easier time finding the perfect gift. That means understanding a partner's tastes, shopping at reputable jewelry stores and learning what the wording means in terms of how gemstones are graded.

**1. Know your loved one's taste**

Look at what your partner is wearing and what's in the jewelry box.

**2. Learn the lingo**

Check out sites like Jewelers of America and online retail sites like Blue Nile for help understanding key terms like what clarity means when you are talking about diamonds, or want to know more about how gemstones are graded.

**3. Fight fraud**

First, be cautious about a store always offering discounts of more than 50 per cent.

**4. Consider synthetic**

If you want something sparkly but want to avoid gems from conflict zones, synthetic or man-made diamonds are about 20 per cent to 40 per cent less expensive, according to DealNews.

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An unidentified bettor using his phone app put $1.1 million on the Atlanta Falcons (+3) to win the Super Bowl

# An epic comeback

SUPER BOWL LI

## Pats overcome 25-point deficit to capture fifth NFL title

Tom Brady led one of the greatest comebacks in sports, let alone Super Bowl history, lifting New England from a 25-point hole to the Patriots' fifth NFL championship in the game's first overtime finish.

The Patriots scored 19 points in the final quarter, including a pair of two-point conversions, then marched relentlessly to James White's two-yard touchdown run in overtime beating the Atlanta Falcons 34-28 Sunday night.

Brady, the first quarterback with five Super Bowl rings, guided the Patriots (17-2) through a tiring Atlanta defence for fourth-quarter touchdowns on a six-yard pass to Danny Amendola and a one-yard run by White, which came with 57 seconds remaining in regulation. White ran for the first two-pointer and Amendola did the deed with a reception on the second.

Brady finished 43-for-62, the most attempts in Super Bowl history, for 466 yards and two touchdowns.

"You know, we all brought each other back," said Brady, who was named Super Bowl MVP for the fourth time. "We never felt out of it. It was a tough battle. They have a great team. I give them a lot of credit. We just made a few more plays than them."

Before the stunning rally — New England already held the biggest comeback in the final period when it turned around a 10-point deficit to beat Seattle two years ago — the Falcons (13-6) appeared poised to take their first NFL championship in 51 seasons. Having never been in such a pressurized environment, their previously staunch pass rush disappeared, and Brady tore them apart.

"Deflategate" far behind them, Brady and Bill Belichick won their 25th post-season game, by far a record. It's hard to imagine a tenser victory.

Belichick became the first coach with five Super Bowl crowns.

The Patriots won the coin toss for overtime and it was no contest. Brady completed six passes. A pass interference call took the ball to the 2, and White scooted to his right and barely over the goal-line.

His teammates streamed off the sideline to engulf White as confetti streamed down from the NRG Stadium rafters.

THE ASSOCIATED PRESS

**Tom Brady and the Patriots celebrate after scoring the championship-winning touchdown.** JAMIE SQUIRE/GETTY IMAGES

SUNDAY in Houston

| | |
|---|---|
| Patriots | 34 |
| Falcons | 28 |

DAVIS CUP

## Canada defaults after ump hit in eye

Denis Shapovalov says that he's ashamed and embarrassed for his actions that caused a Canadian defeat at the Davis Cup.

The 17-year-old saw his Davis Cup action come to an abrupt end Sunday when he hit the umpire with an errant ball.

Shapovalov was automatically defaulted under tennis rules, allowing Britain's Kyle Edmund to earn an easy 6-3, 6-4, 2-1 victory and 3-2 series win. Britain advances to the Davis Cup World Group quarter-finals as the winner of the tie.

Shapovalov of Richmond Hill was remorseful and emotional while addressing the media.

"Obviously this is unacceptable behaviour from me," Shapovalov said. "I just feel awful for letting my team down, for letting my country down, for acting a way that I would never want to act.

"I can promise that's the last time I will do anything like that."

The crowd of 7,497 at TD Place was stunned when Shapovalov, who had just been broken by Edmund and was disappointed with a shot, took a ball out of his pocket and hit it in frustration. Umpire Arnaud Gabas of France had swelling and bruising under his left eye and was taken to Ottawa General Hospital for a precautionary evaluation.

THE CANADIAN PRESS

SPEEDSKATING

## St-Gelais captures two more medals

**Marianne St-Gelais won gold and bronze medals on Sunday in Dresden, Germany.**
JENS MEYER/THE ASSOCIATED PRESS

Canadian speedskater Marianne St-Gelais capped her weekend at a short-track World Cup event with two medals on Sunday, including gold in the women's 500-metre final.

St-Gelais of Saint-Felicien, Que., who also won gold in the women's 1,000 on Saturday, led Sunday's 500-metre race from start to finish. She earned her second medal of the day by helping Canada's 3,000-metre relay team to bronze.

THE CANADIAN PRESS

### IN BRIEF

**Raptors' Lowry battles way to triple-double, victory**

Kyle Lowry played through illness and injury to finish with 15 points, 11 rebounds and 11 assists for his ninth career triple-double, and the Toronto Raptors beat the Brooklyn Nets 103-95 on Sunday.

Already dealing with a flu, Lowry needed four stitches after cutting his right forearm on a camera mounted to the basket stanchion.

The Raptors won for just the third time in 11 games.

THE ASSOCIATED PRESS

**Garcia goes wire to wire at Dubai Desert Classic**

Sergio Garcia shot a final-round 3-under-par 69 to win the Dubai Desert Classic on Sunday after holding the tournament lead since the opening round.

The Spaniard, who had never posted a top-10 finish in his previous seven Desert Classic appearances, finished on a 19-under 269, three strokes ahead of Open champion and top-ranked European Henrik Stenson (69).

THE ASSOCIATED PRESS

PGA TOUR

## Matsuyama repeats at Phoenix Open

Hideki Matsuyama was the last man standing at golf's biggest party — again.

Matsuyama won the Waste Management Phoenix Open on the fourth hole of a playoff for the second straight year, outlasting Webb Simpson on Sunday at TPC Scottsdale.

Matsuyama won with a 10-foot birdie putt on the short par-4 17th, the same hole where the 24-year-old Japanese star finished off Rickie Fowler a year ago.

**Hideki Matsuyama**
GETTY IMAGES

"I just had faith and believed that my chance would come again, and I just waited and waited, had patience," Matsuyama said. "Finally, that last one went in."

Simpson birdied three of the last four for a 64, the best round of the day. THE ASSOCIATED PRESS

MAKE IT TONIGHT

# *Sweet* Apple Chicken Curry

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

The sweetness of the apples in this hearty chicken curry are the foil its heat.

**Ready in 20 minutes**
Prep time: 20 minutes
Serves 4

**Ingredients**
- 1 cup basmati rice
- 2 chicken breasts, cut into bite-sized pieces
- 1 Tbsp vegetable oil
- 1 onion, sliced
- 2 garlic cloves minced
- 1-2 tsp curry powder or paste
- 1 tsp soy sauce
- 2/3 cup of coconut milk
- 2/3 cup of chicken stock
- 1 large apple, peeled and sliced into thin wedges
- 1 cup of frozen peas
- 1/4 cup of plain yogurt

**Directions**

**1.** Prepare rice according to package instructions.

**2.** Brown the chicken in a bit of vegetable oil in large skillet. Add the onions and cook for about 5 more minutes. Then add the garlic and the curry and cook for another minute.

**3.** Add the coconut milk, chicken stock and soy and stir together.

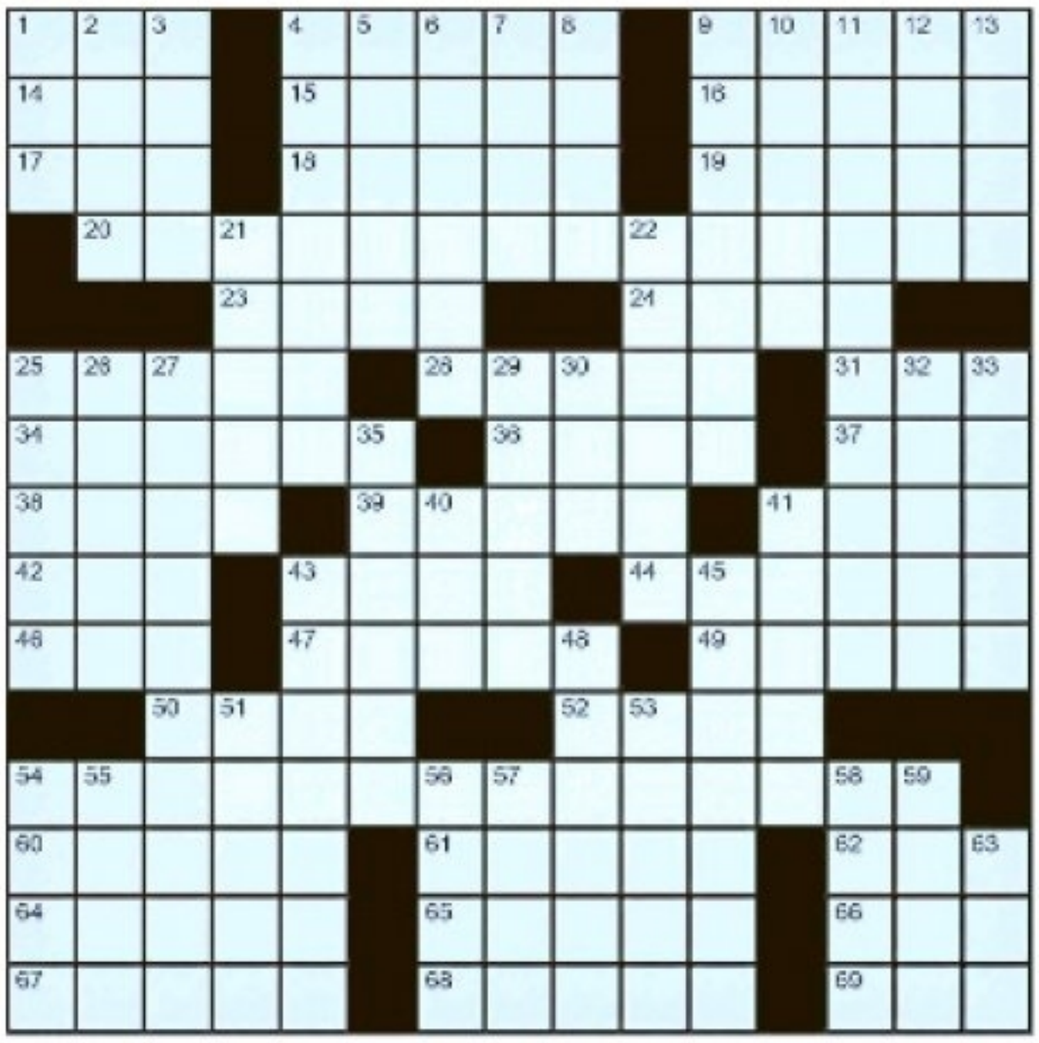
**4.** Add the apple pieces and simmer for 5 minutes. Add the peas and allow them to warm through. Check to see that the chicken has cooked through.

**5.** Serve the curry over rice and top it with a bit of yogurt.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. School of thought
4. Social finesses
9. Handles a rosary
14. Andy Capp's wife in comics
15. Boise's state
16. Items on acting resumes
17. _-in-law
18. Adjusted, as pitch
19. Ms. Fitzgerald's
20. Ice Age creatures in Canada: 2 wds.
23. "The Godfather" (1972) role
24. France/Belgium river
25. Highlights and hues establishment
28. Mother-of-pearl
31. Trousers split
34. Gene Kelly movie, "Anchors _" (1945)
36. Wild pig
37. Rec. label for The King
38. Ground
39. Mr. Arkin's
41. Lethbridge-born actor Conrad of "Diff'rent Strokes"
42. Work unit
43. Legal document
44. Lessen, like laundry
46. Adjust
47. Woodworking tools
49. "Weird Science" by _ Boingo
50. Bigger than big
52. "Freeze!"
54. Circa 1911 oil on paperboard Emily Carr painting which she did in France when studying art there: 3 wds.
60. Dust-up
61. Brick wall
62. Away
64. Quaintly bless with oil
65. 1000 kilograms
66. Santa _, California
67. More dry
68. Chef on "The Muppet Show", for one
69. Mal de _ (Seasickness)

**DOWN**
1. Suppositions
2. Not fast
3. Pre-stereo
4. Giving a book it's name
5. Grown-up
6. 1970 Joni Mitchell album: 'Ladies of the _'
7. Us not
8. _ biscuits
9. Manitoba or Alberta or Quebec chief
10. Chocolate-coated caramel candies
11. ATV = _-_ Vehicle
12. Sure, casually
13. Slitherer's sounds
21. Elliptical
22. Quagmire
25. Bargains
26. On the ball
27. Extension = Hair _
29. Taper off
30. Debating side
32. Cake topper
33. Breadcrumbs of Japan
35. Solidify
40. Ms. Taylor, to pals
41. Water filter company
43. Wild West trail commuter
45. The Pope's jurisdiction: 2 wds.
48. Sacred structure
51. Handy
53. Rectify
54. Arm: French
55. Germanic letter
56. Is the right clothing size
57. Profess
58. Rove
59. Sandy mound
63. Road surfacing

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
Today you're full of bright, genius ideas because you can think outside the box. Write them down so that you can ponder them later.

**Taurus** April 21 - May 21
Keep an eye on your money scene, because something unexpected could affect your finances and earnings. Be vigilant; do not shoot from the hip.

**Gemini** May 22 - June 21
Make sure you know what you want to do today, because you are a bit impulsive. At the same time, you're also a bit indecisive. Yikes! That's a bad combo. Tread carefully.

**Cancer** June 22 - July 23
Today you feel restless and mildly indecisive. Don't worry, because late in the day, the Moon will move into your sign and you will know what you want to do. Be patient.

**Leo** July 24 - Aug. 23
A female friend might surprise you today by saying or doing something that catches you off guard. Nevertheless, you will be entertained! (Oh yes.)

**Virgo** Aug. 24 - Sept. 23
Relationships with a boss or parent will hold a few surprises for you today. Don't hold someone to what he or she impulsively says. Don't quit your day job. Wait until the dust settles.

**Libra** Sept. 24 - Oct. 23
Travel plans will be interrupted today by silly circumstances and delays. Let the chips fall where they may, and then decide what to do afterward.

**Scorpio** Oct. 24 - Nov. 22
This is a poor day to make important decisions about inheritances and shared property. Nevertheless, something unexpected will call your attention to these matters.

**Sagittarius** Nov. 23 - Dec. 21
Partners and close friends are unpredictable today. This means you have to just take it easy and go with the flow. By evening, you will know which way the wind is blowing.

**Capricorn** Dec. 22 - Jan. 20
Your work routine will be interrupted today with numerous matters that occur out of the blue. Don't overreact. Everything will settle down by the end of the day.

**Aquarius** Jan. 21 - Feb. 19
This is a mildly accident-prone day for your kids, so this means you must be vigilant. Meanwhile, social activities might change or be cancelled.

**Pisces**
Feb. 20 - March 20
Something at home is not reliable today. A female family member might be upset. Just bide your time, because by evening, all is well.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

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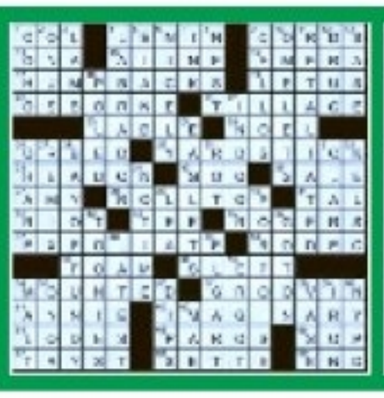
**FRIDAY'S ANSWERS**

Your daily crossword and Sudoku answers from the play page.

**for more fun and games go to metronews.ca/games**



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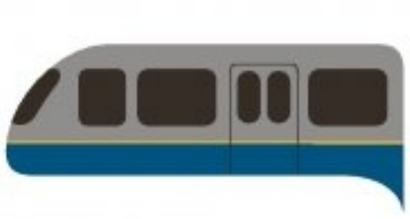
# Take the Transit Fare Review survey at **translink.ca/farereview**



## How do you think transit fares should be determined in Metro Vancouver?

Be part of the second phase Transit Fare Review! We want to hear from you which options you prefer. Have your say and help us create a new fare structure by taking the survey between January 30 and February 17.

The survey is in English. Please ask someone to translate it for you.

translink.ca/farereview | 604.953.3333

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